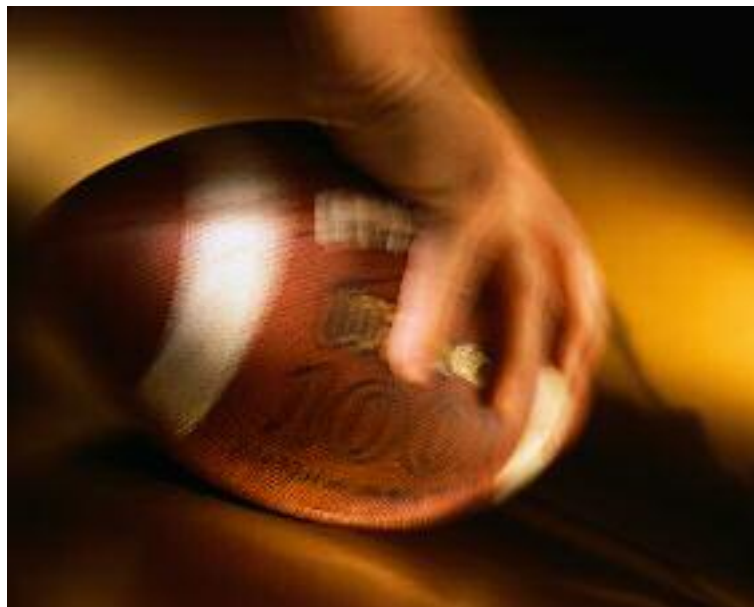


# CITY OF RENO

## FLAG FOOTBALL



# RULES AND REGULATIONS

*Published 2006*



# FLAG FOOTBALL RULES & REGULATIONS

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## **NOTICE OF POTENTIAL DANGER OR RISK**

All participants in Flag Football leagues and programs must execute a liability release and are required to read and comply with the following rules governing participation in the program. All participants are advised that attendance and participation in flag football programs and leagues and use of City of Reno facilities involves certain inherent risks. These risks may include, but are not limited to, injury or death from exposure to physical exertion and harm from footballs and/or other equipment used for this sport. Participation in flag football is physically challenging and potentially dangerous and the participants shall assume all risks of injury to their person and property that may be sustained in connection therewith.

To reach the City of Reno Athletics office to speak with the Recreation Coordinator, please call 334-2262

### **Effective October 1, 2005**

N.R.S. 199.300 - No person shall directly or indirectly, address any threat or intimidation to a public officer, public employee, juror, referee, arbitrator, appraiser, assessor or any person authorized by law to hear or determine any controversy or matter, with the intent to induce him, contrary to his duty to do, make, omit, delay any act, decision or determination. If the threat or intimidation communicates the intent, either immediately or in the future: (a) To cause bodily injury to any person; (b) To cause physical damage to the property of any person other than the person addressing the threat or intimidation; (c) To subject any person other than the person addressing the threat or intimidation to physical confinement or restraint; or (d) To do any other act which is not otherwise authorized by law and is intent to harm substantially any person other than the person addressing the threat or intimidation with respect to his health, safety, business, financial condition or personal relationships. This does not prohibit a person from making any statement in good faith of an intention to report any misconduct or malfeasance by a public officer or employee.

**A person who violates N.R.S. 199.300 is guilty of a category C or category B felony if physical force or the immediate threat of physical force is used, or a gross misdemeanor if no physical force is used.**

**CITY OF RENO  
PARKS, RECREATION, AND COMMUNITY SERVICES  
DEPARTMENT  
FLAG FOOTBALL PROGRAM**

**A. GENERAL POLICIES AND PROCEDURES**

**1. SPORTS COMPLEXES**

Games are played at:

Idlewild Park  
2055 Idlewild Drive

**2. FOOD AND BEVERAGES**

The Recreation Division does not allow food and/or beverages on the Idlewild Ballfields (no ice chests or glass containers). We do allow water or squeeze bottles. Facility assistants (field coordinators) have the authority to confiscate glass containers, ice chests, and cans. Absolutely NO alcohol is allowed at Idlewild. Anyone participating or intending to participate in a game shall refrain from consuming alcohol during or prior to their scheduled game. Anyone not abiding by these rules shall be removed from the facility. These rules apply to both players AND spectators.

**3. FACILITY ASSISTANTS (FIELD COODINATORS)**

The Recreation Division has Facility Assistants (Field Coordinators) staffed at Idlewild during all flag football games. They are hired to oversee all operations during league play (scheduling, field maintenance, accidents, incidents, etc.). Please respect and cooperate with all precautions and decisions made by the Facility Assistant (Field Coordinator) and Recreation staff.

**4. FIRST AID**

The Recreation Division has limited first aid supplies at the Idlewild ballfields. Please contact the Facility Assistant (Field Coordinator) to assist you. Paramedic, fire, and police services are within minutes of the facility. Teams are ultimately responsible for their own first aid supplies.

**5. LOST AND FOUND**

The lost and found is kept by the Facility Assistant (Field Coordinator). To retrieve an item, you must be able to describe it in detail. We strongly suggest that you place your name and phone number on all equipment. We are not responsible for any items left behind. Items are kept for two weeks and then given to charity.

**6. CHILD CARE**

**Guardians must supervise children at all times when at a sports complex.**

Guardians are fully responsible for their children. If problems persist, you may be asked to leave the ballfield. **Children are not to be on the playing field during games.**

**7. WEATHER**

Scheduled games can be postponed or rescheduled due to weather conditions or other unforeseen circumstances. This decision will be made by athletics staff member and games will be rescheduled as determined by the Recreation Coordinator. You will receive notification of rescheduled games in the mail. In cases of inclement weather, please call the rain out line at 334-6268 for updated conditions.

Please remember, this is an outdoor league. Adverse weather conditions such as rain, smoke, dust, snow and wind are possible. We will do our best to make sure the games are played at their scheduled times as long as the conditions are safe.

**8. WARM - UPS**

Warm-ups are allowed only in designated areas away from spectator areas. Players may warm up on the field once the previous game has been completed. This is for your safety as well as for the safety of others.

**9. GAME SCHEDULES**

The Recreation Division provides a copy of league schedules to all team managers. It is the manager's responsibility to inform all players of game times and schedules.

**10. STANDINGS**

Please verify that standings are correct week by week. All standings will be available from the Facility Assistant (Field Coordinator). If you have any corrections or problems with the standings, please notify the Facility Assistant (Field Coordinator) or call the Recreation office.

**11. GAME CARDS**

Please complete the game card prior to scheduled game time. The cards are available from the Facility Assistant (Field Coordinator). Please fill out the back of the card with your players first and last names. Initials are not proof of a player's eligibility. Return the card to the Facility Assistant (Field Coordinator) or to the other team if they have not submitted their line-up.

In order to ensure the most accurate standings the winning team's manager must review and sign the game card at the conclusion of the game.

**12. MAINTENANCE**

Please notify the Facility Assistant (Field Coordinator) or call the Athletics office if there is a problem with scoreboards, fields, or lights.

**13. SPORTS OFFICIALS**

If you have any problems with an official, please contact the Facility Assistant (Field Coordinator) and fill out a complaint or incident form and turn it into the Athletics office. If the Supervisor of Officials does not respond within 5 days, please contact the Recreation office. **DO NOT TAKE THE MATTER INTO YOUR OWN HANDS.**

**14. ROSTERS**

Maximum number of active players per roster is sixteen (16). All managers must have a roster completely filled out and turned into the Recreation office before your team can participate in a game. All additions and deletions to the roster must be made in writing and signed by the manager after league play begins. Deadlines for adding players will be announced.

**15. BLOOD RULE**

A player, coach, or official who is bleeding or who has blood on their uniform shall be prohibited from participating further in the game until appropriate treatment can be administered in a reasonable length of time, the individual will not have to leave the game. The length of time that is considered reasonable is left to the official's judgment. Uniform rule violations will not be enforced if a uniform change is required. The official shall:

- a. Stop the game and allow treatment if the injured player would affect the continuation of the game. (i. e. Major injuries, not scrapes, etc.)
- b. Immediately call a coach or other authorized person to the injured player.

## **B. GENERAL FLAG FOOTBALL RULES**

### **1. PLAYERS AND TEAMS**

The Recreation Division requires that players be 18 years or older to play.

Players discovered playing under an assumed name will be suspended for one year. Managers that knowingly use an illegal player will also be suspended. A protest is still legal as long as the official has not left the playing field once the game is over. If an official refuses to record a protest or check a player, please notify the Athletics office immediately.

### **2. UNIFORMS**

The Recreation Division requires that all teams have a uniform consisting of a shirt with numbers. All uniforms must:

- a. Be the same color, and/or have the same logo.
- b. All uniforms must have a number on the back of the uniform.
- c. Uniform shirts must remain tucked in or be at least 5 inches above the waist so that they do not interfere with a player's flags.
- d. Shorts/pants can not be the same or a similar color to the team's flags.
- e. Shorts/pants must not have pockets, belts, belt loops, exposed drawstrings or anything else that may interfere with an opposing player's ability to grab a flag.

Metal, ceramic, or detachable cleats and cleats with metal exposed will not be allowed. Players discovered with metal cleats will be ejected from the game. We recommend that no jewelry be worn during games. If jewelry is worn, the officials will use their discretion as to whether or not you may continue to wear it during the game.

### **3. EQUIPMENT**

The Recreation Division will provide two flag sets (one for each team) and a regulation size football. We do not supply any other equipment.

While not required, we do highly recommend that all players use a mouth guard.

### **4. PLAYING FIELDS**

The City of Reno Flag Football League is played on an abbreviated field 40 yards wide by 80 yards long with two 10 yard end zones.

### **5. SCOREKEEPING**

The Facility Assistant (Field Coordinator) will serve as the official scorekeeper. Each team manager or representative must legibly record their line-up on the game card prior to the game. Remember, **first and last names must be recorded on the back of the card**. If there are any questions they must be resolved with the official prior to the start of the next half, or the score stands as is.

### **6. SUBSTITUTIONS**

Substitutions may be made between downs. Anyone entering the field of play must enter the huddle at some point, and must participate in the next play.

## 7. GAME LENGTH

The official time keeper will be the lead official. Games will be composed of two, twenty (20) minute halves with a five (5) minute halftime.

## 8. FORFEIT

The Recreation Division requires that teams have a minimum of seven (7) players, to start a flag football game. If a team starts with the minimum number and other players arrive, they may be added at any time between downs.

- a. If a player is injured the game will continue. However, you cannot drop below 7 players.
- b. If a player is ejected from a game, or has to leave for any reason other than an injury, and there are no legal substitutes, the game is forfeited to the opposing team. Substitutes can replace an ejected player.
- c. There will be a five (5) minute grace period for the 8:30 AM (or 6:30 PM) game time ONLY. The opposing team will automatically receive 10 yards added to their first possession. The game clock will begin running at game time. **This grace period is from the original game time not when the game actually begins.** This will affect only the 8:30 AM (or 6:30 PM) games. For all other games, **game time is forfeit time - there will be no grace period.**
- d. In the event a forfeit needs to be called, the official must report immediately to the Facility Assistant (Field Coordinator) for confirmation. Any teams or individuals who have a problem must bring it to our attention at that time.

## 9. PROTESTS

Judgment calls will stand. Only rule interpretation calls may be protested. When a matter of protest arises during a game, the manager of the protesting team must immediately, **before the next down**, notify the official and opposing team that the game is being played under protest. This will be followed by submitting a written report of the protest to the Recreation Coordinator assigned to Athletics at the Recreation Division office within twenty-four (24) hours of the time of the game protested.

**Protests involving starting illegal players must be made before the second half.**

If an illegal player enters after this time. The protest needs to be made immediately upon the player entering the game and before the next down is played. All managers should be aware that the officials will report any illegal players to the Athletics office. If a player is found to be illegal by the Recreation Coordinator, the game will be forfeited, and the illegal player and manager will be subject to a penalty. All final decisions will be verified by Recreation documents on file.

\*\*\*\*All protests must be accompanied by a \$20.00 cash, check, or money order. All protest fees will be returned if protest is upheld; if denied the fees will be forfeited. Highly technical protests and those which have no effect on subsequent play or the final results of the game will not be accepted.\*\*\*\*\*

## 10. AWARDS

T-shirts and trophies will be given to teams finishing in the first place position, trophies to teams finishing in the second place position.

#### **11. TIE-BREAKING RULE**

In the event of a tie in the standings the tie-breaking order is:

- a. Head to Head Competition
  1. If two teams are tied, it's which team defeated the other in head to head. If they are both tied, go to b).
  2. If three or more teams are tied, it's your head to head record with all teams involved in the tie. If they are tied go to b).
- b. Least points allowed, involving tied teams only. If still tied, go to c.
- c. Least points allowed in all league games. If still tied, go to d.
- d. Flip a Coin

### **C. FLAG FOOTBALL PLAYING RULES**

#### **1. GENERAL:**

The Reno Recreation flag football leagues will be governed by the USSSA rules and regulations unless superseded by this document. Additional USSSA rule books may be down loaded at [www.ussa.com](http://www.ussa.com).

#### **2. EXCEPTION TO USSSA RULES:**

Physical contact will be permitted at the line of scrimmage only. Blockers may have their hands up, but may not hold or move their arms forward in a pushing motion.

#### **3. BALLS**

The following balls will be used for the flag football leagues:

- a. Men's Spalding TF-100

### **D. MANAGER RESPONSIBILITIES AND PLAYER CONDUCT**

The Flag Football league will be governed by the "Player Code of Conduct" which follows.

**1. NO PLAYER SHALL:**

Be guilty of physical attack as an aggressor upon any player, official, or spectator. Officials are required to immediately suspend player from further play, and report such player to the Recreation Coordinator. Such player shall remain suspended until his/her case has been considered.

MINIMUM PENALTY: Suspension of one (1) year from the point of detection.

MAXIMUM PENALTY: Suspension for life and/or assault charges filed.

**2. NO PLAYER SHALL:**

At any time lay a hand upon, shove, strike, or threaten an official. Officials are required to immediately suspend the player from further play, and report such player to the Recreation Coordinator. Such player shall remain suspended until his/her case has been considered.

MINIMUM PENALTY: Two (2) game suspension and probation for the season.

MAXIMUM PENALTY: Life suspension and/or assault charges filed.

**3. NO PLAYER SHALL:**

Refuse to abide by an official's decisions. Officials are required to immediately suspend player from further play, and report such player to the Recreation Coordinator. Such player shall remain suspended until his/her case has been considered.

MINIMUM PENALTY: Probation for remainder of season.

MAXIMUM PENALTY: Two (2) game suspension and probation for the season.

**4. NO PLAYER SHALL:**

Be guilty of objectionable demonstration of dissent at an official's decisions. Only one representative shall be allowed to have any verbal contact with the officials.

MINIMUM PENALTY: Warning by the official.

MAXIMUM PENALTY: Ejection from the game and up to a two (2) game suspension.

**5. NO PLAYER SHALL:**

Be guilty of using unnecessary rough tactics in the play of the game against the body or person of an opposing player. Officials are required to immediately suspend player from further play, and report such player to the Recreation Coordinator. Such player shall remain suspended until his/her case has been considered.

MINIMUM PENALTY: Probation for remainder of season.

MAXIMUM PENALTY: Two (2) game suspension and probation for the season.

**6. NO PLAYER SHALL:**

Be guilty of an abusive verbal attack as an aggressor upon any player, official, or

spectator. Officials are required to immediately suspend player from further play, and report such player to the Recreation Coordinator. Such player shall remain suspended until his/her case has been considered.

MINIMUM PENALTY: Probation for remainder of season.

MAXIMUM PENALTY: Suspension for remainder of season.

**7. NO PLAYER SHALL:**

Be guilty of using severe vulgarities directed at any player, official or spectator.

MINIMUM PENALTY: Team warning by the official.

MAXIMUM PENALTY: Ejection from the game and up to a two (2) game suspension.

**8. NO PLAYER SHALL:**

Be guilty of appearing intoxicated on the field of play. Officials are required to immediately suspend player from further play, and report such player to the Recreation Coordinator. Such player shall remain suspended until his/her case has been considered.

MINIMUM PENALTY: Two (2) game suspension and probation for the season.

MAXIMUM PENALTY: Suspension for the remainder of the season.

**9. NO PLAYER SHALL:**

Be guilty of smoking on or in the vicinity of the playing field while participating in a game.

MINIMUM PENALTY: Warning by the official.

MAXIMUM PENALTY: Ejection from the game and up to a two (2) game suspension.

**10.** Any player placed on probation and reported again for a violation of the Code of Conduct will be given a minimum penalty of suspension for the remainder of the probation period.

**11.** Any player ejected from a game must leave the complex immediately. Failure to do so will result in forfeiture of the game and automatic suspension for two (2) games for the player.

**12.** Throwing equipment, regardless of intention, is prohibited. Throwing of the ball or other equipment intentionally or maliciously will incur the Penalty of ejection and a two (2) game suspension.

**13.** Team managers are responsible for their players and spectators. Failure to control team members or fans may result in forfeiture of the game and suspension for the program.

**14.** Participants may be held liable for damages caused by negligence.

15. Suspended players are suspended from all leagues in which they participate. During suspension such player is not allowed to be at the playing field, even as a spectator.
16. DRINKING ALCOHOLIC BEVERAGES DURING THE GAME WILL NOT BE TOLERATED. IF A PLAYER IS DRINKING ALCOHOLIC BEVERAGES DURING THE GAME, THE COACH WILL RECEIVE A WARNING. THE NEXT TIME A PLAYER ON THAT TEAM IS SEEN DRINKING AN ALCOHOLIC BEVERAGE, THAT PLAYER WILL BE EJECTED AND THE GAME MAY RESULT IN A FORFEIT.
17. All participants are governed by the aforementioned rules which cover conduct before, during, and after the game.
18. The PRCS Department has the right to modify any Code of Conduct rule and/or penalty when deemed appropriate.

### ***REMINDER***

**THIS IS A RECREATIONAL PROGRAM. PLAYERS ARE NOT PROFESSIONALS, AND WHILE WE ENCOURAGE COMPETITION, THE WIN-LOSS ASPECT IS NOT A MATTER OF LIFE AND DEATH.**

#### **STAY UNDER CONTROL.**

**THE REFEREES AND OTHER OFFICIALS ARE NOT PROFESSIONALS EITHER, AND ERRORS MAY BE MADE. ALL EFFORTS ARE MADE TO LIMIT AND CORRECT ERRORS BUT THEY ARE NOT ALL CORRECTABLE.**

Thank you for participating in our leagues.